

OTTAWA

metro



Two sought in possible abduction

Police search for a man and woman after an argument that took place Friday in Barrhaven

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To be a good mother, you must be a good fibber

Parents recall half-truths they use to protect their kids

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... AND THE GRAMMY GOES TO GASOL

VANCOUVER-BORN MUSICIAN WINS HER FIRST GRAMMY

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BIEBER FREE

LIVE 88.5fm



A Canada Post employee marches down Elgin Street Sunday during a rally to protest government plans to end door-to-door mail delivery in urban areas. TREVOR GREENWAY/METRO

Hey, cancer: We're comin' after you

Ottawa researchers inching closer to groundbreaking treatment

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A day for the victims

Over 1,000 gather to commemorate those who died when a Quebec seniors' home caught fire

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Dude's catchin' some Z's ... I'll fly this plane

Teenager takes control of an airplane for over 30 minutes after pilot passes out over rural Australia

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'We're not going down without a fight'

Get Up, Stand Up. Shouting, 'Save Canada Post,' hundreds march through downtown to rally outside PM's office

Around 300 protesters marched through downtown Ottawa en route to the Prime

Minister's Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley's Get Up, Stand Up, the employees, most of them from Montreal, tramped from Dundonald Park and down Elgin Street, blowing whistles, waving signs and shouting, "save Canada Post" as they converged at the PMO for the rally.

"This is not just an attack

on Canada Post and our customers, this is an attack on our whole country and everybody who lives in this country," said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

"We need to stop this corporation and stop this government; it's an attack on everybody."

The crown corporation is

eyeing \$900 million in savings every year by replacing foot delivery with community mail boxes and increasing postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn't sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

"This social program of postal delivery has been in

place for 150 years. It is one of those social programs that unites our country — just like the health-care system," he said.

"We're not going down without a fight."

Ottawa & District Labour Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect "our elderly, our

disabled, our sick, our seniors," and said Canada Post CEO Deepak Chopra has been "completely ignoring suggestions by others."

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save Canada's urban postal service.

TREVOR GREENWAY/METRO

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Travel Industry Council of Ontario

Speeding

Ottawa man caught doing 168 km/h on Hwy. 401

An Ottawa man is facing charges and had his car seized after being caught driving 168 km/h on Highway 401. "As though blowing snow and ice weren't enough of an obstacle to safe driving this weekend, Napanee OPP have just charged one driver with travelling 68 km/h over the posted speed limit on Highway 401 just east of Napanee," read a press release issued by OPP sergeant Chris Watkins Sunday afternoon. The 20-year-old driver has had his car seized for seven days and has been issued a summons to appear in the Ontario Court of Justice in Napanee on Feb. 27.

METRO

Speeding

Watch for cracks in canal ice, paramedics warn

Three people were taken to hospital with injuries Saturday after falling on the Rideau Canal, paramedics said.

As of noon Saturday, the Ottawa Paramedics service responded to two skating injury incidents on the skateway.

A 55-year-old woman fractured her wrist, a 41-year-old woman suffered a fracture and dislocated shoulder and a 56-year-old woman was taken to hospital Saturday afternoon with a fracture to her left wrist.

METRO



Friends and family gather around the Ottawa Women's Monument Sunday to pay their respects to Tricia Boisvert, the 36-year-old Montreal woman who was found dead in west Quebec last Thursday. TREVOR GREENWAY/METRO

Community mourns Tricia Boisvert

Homicide victim. She was a 'happy girl,' with a laugh that could lift friend's spirits

Friends and family of Tricia Boisvert gathered at a candle light vigil in Ottawa Sunday to pay tribute to the Montreal woman who was found dead in west Quebec last week.

Boisvert, 36, was found in the woods of a rural residential neighbourhood in Quyon last Thursday. She had been missing for nearly a week. Montreal police confirmed she was the victim of the

city's second homicide this year.

Surrounded by Algonquin elders, mourners gathered at Minto Park and laid candles at the Women's Monument, lighting up several photos of the slain woman. Aboriginal drummers and singers sang ceremonial songs as family embraced one another in tears.

The lead suspect in the homicide, Philippe Steele-Morin, is still at large. Police say they believe the 30-year-old is still in the Gatineau region. Boisvert's black Pontiac G6 has yet to be found, but police suspect it was destroyed.

Montreal police said Bois-

vert's death is the second homicide in Montreal this month.

Bouchra Ben-Nassar, 26, who described herself as a "good friend" of Boisvert's, told Metro on Friday that her friend had just come back from visiting her sister, nephew and niece in Vancouver.

"She was a happy girl," said Ben-Nassar. "Her laugh would make you laugh, even if you were in a bad mood."

She said she had never heard of the lead suspect, Steele-Morin.

The Gatineau force say they have been searching for Steele-Morin since July 16, 2013. He was wanted in

connection with a domestic case, but the complainant was not Boisvert.

He's wanted on charges of assault, motor vehicle theft, mischief and failure to comply with a probation order and his criminal record dates back further.

Steele-Morin is originally from Masham, Que. but he was more recently living in Gatineau.

Anyone with information about Steele-Morin can call 911 or the Info-Crime Montreal line at 514-393-1133. Calls can be made anonymously and will be treated confidentially.

TREVOR GREENWAY AND LUCY SCHOLEY/METRO

1 NEWS



Friday, January 31 at 7:30 p.m.
Confederation Park

Winterlude's Great Winter Ball

Canada

Award

Trio of cyclists land bursary cash

Ross Knight, founder of Seenite Sports, has announced the recipients of the National Capital Region cycling bursary for up-and-coming cyclists. The bursary provides funding to young cyclists



Emily Flynn
CONTRIBUTED



Mike Woods
CONTRIBUTED



Braydon Bourne
CONTRIBUTED

who display outstanding athletic ability and the desire to achieve greater goals.

Mike Woods, 27 of Gatineau received \$1,500, while Ottawa cyclists Emily Flynn, 20, and Braydon

Bourne, 24, received \$750 each.

In a news release Knight said the bursary has given out \$36,000 to athletes over the last nine years. **METRO**

Police

Traffic-stop race data incomplete, report says

Data fed into the Traffic Stop Race Data Collection Project by Ottawa police are

only 80 per cent complete, according to a report due to be presented to the Ottawa police services board Monday night.

There have been more than 35,000 traffic stops since the study into the racial makeup of drivers began last June, but the police force says a number of factors have led to officers failing to fill in all the data.

Among the problems outlined in the report: High call volumes, computer-system glitches, problems when some drivers' licences are

swiped and officer training.

Also, some officers' "safety concerns may occasionally lead to incomplete data collection," the report says.

The force agreed to participate in a study about the race of drivers stopped by police following a human-rights complaint. **METRO**

Sewer replacement

Elgin construction resuming today

Work will resume on Elgin

Street at Isabella Street Monday for the replacement of a combined sewer.

The right northbound lane on Elgin Street will be closed intermittently to facilitate construction after the morning peak period every day. This work will last for about two months.

Pedestrian access to the sidewalk on the east side of Elgin may be affected through this area.

The \$2.6-million project is intended to improve water and sewer services in the area. **METRO**

Search is on after possible abduction

Barrhaven. Police seeking man, woman after apparent dispute



TREVOR GREENWAY
trevor.greenway@metronews.ca

Police in Ottawa are searching for a man and a woman in the case of a possible abduction that took place on Friday after an argument in Barrhaven.

Police say a man 20 to 25 years old was seen arguing with a woman outside a dark-coloured four-door Pontiac Sunfire around 3 p.m., near Haileybury Street and Geddes Way. Police say they aren't sure what happened next, but the car was last seen heading west on Haileybury Street.

"It wasn't too clear on

what exactly went on and that is what we are trying to sort out at this point," said Ottawa police Const. Stefan Kubiseski.

The woman is described as being 18 to 25 years old, tall and thin. She was seen wearing an olive-coloured bomber jacket with fur on the hood, faded blue jeans and beige Uggs winter boots, and she was carrying a brown purse.

The man was seen wearing a white shirt, a black leather jacket, jeans and beige work boots. He has a slim build and stands about five-foot-nine with short, reddish-blond hair.

Police weren't able to explain who was abducted, but they confirmed they are searching for both individuals. They urge anyone who might have seen anything to contact the West District investigations unit at (613) 236-1222, ext. 2666.



Racers grin and bear it

Third-place 4.5-km runner Zachary Robert, left, and his brother, second-place finisher Etienne Robert, share an icy laugh after crossing the finish line at Mountain Equipment Co-op's first-ever winter race in Ottawa. Extra snowfall Saturday night led to organizers slightly shortening the planned five and 10-km races. Organizers said about 71 people ran in the races. The winner of the 4.5-km men's race was Craig Fettes. The winners of the other races are as follows: Women's 4.5-km, Rita Battochio (first), Mary Clare Hack (second) and Jayne Petez (third). Men's nine-km, Alexandre Gingras (first), Mark Caulfield (second) and Michael Baird (third). Women's nine-km, Alli Bernat (first), Joanne Sibbald (second) and Jessica Cooper (third). **COURTESY KAREN ATKINSON**

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YOUR HEALTH



President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. Nick A. Jerch



#1

ARTHRITIS



NPN 80042283 Helps to relieve joint pain associated with osteoarthritis.

Truthful actual experiences from real people:

■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage #1 spared me the endless torture.** I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hammer, ON ■ **For 32 years I cried barrels of tears.** Was in and out of hospitals costing society tens of thousands of dollars. I have taken many thousands of pills that nearly killed me. Finally 3 bottles of Bell Shark Cartilage costing less than \$100 stopped a lifetime of suffering without side effects. Eleanor Sauson, Shigawake, QC ■ **I suffered for years with sciatica.** I tried everything and finally after taking a specially processed shark cartilage I was pain free in 2 weeks. After this experience I realised I could help many of those 5 million Canadian that suffer every day - night and I started to sell this same type of shark cartilage and helped hundreds of thousands of men and women to have less pain or no pain at all. Nick A. Jerch, President of Bell Lifestyle Products.

■ **Many people on our website write:** "Can walk again for hours", "Can climb stairs without hanging on to railing", "First time in 15 years can sleep at night" **Rheumatoid pain** in joints down 90%, same for my sister...hundreds of testimonials all with full names and towns, Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

High Blood Pressure?

NPN 80040870. To maintain cardiovascular health in adults.

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials. **Dr. C. Hammond M.H., Ph.D.** recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D.

Truthful actual experiences from real people: ■ **I was on 3 blood pressure drugs that did not work well.** After starting Bell #26 my readings are generally well below 120/80. Dana A. Anderson, 76, Sooke, BC ■ **My blood #26**

pressure was 157/90 and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. Toni L. McCuiston, 52, Elizabethtown, PA ■ **Blood pressure went from 170/110 down to 110/70.** Was on three medications that didn't help. Within a month on Bell #26 my BP dropped to 110/70. I thought I didn't need it anymore and the BP went up to 170/110 again. I will now stay on Bell. I am surprised about its effectiveness without side effects. Patrick McManus, 52, Edmonton, AB ■ **At work my driver's medical test was too high at 170/100.** After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. Kris Geier, 48, Windsor, ON.



#66

Calming Stress

NPN 80041855 Helps to promote healthy mood balance, relaxation, use as a sleep aid and mental stress.

Truthful experience by people: ■ **I am calm now in stressful situations!** In the past 10 years I had a very short fuse, because my job is quite unpredictable. After I started Bell Calming Chronic Stress #66 the difference was amazing. My reactions to stressful situations are totally changed. I also have more energy too. I don't yell at others. I have more patience and I am much happier as well. Thank you: Mary-Anne Thompson, 61, Lasalle, ON ■ **I suffered greatly from anxiety.** Standard treatments did not make me feel good. So my mother bought Bell Calming Chronic Stress #66 and it has been helping me a lot. I am on my 3rd bottle. Remington Fletcher, 19, Porty Pool, ON ■ **I have a very high stress career in**

the film industry. There was no time for relaxation or meditation as you are on demand for 12-15 hours a day with no breaks. Since using Bell #66 I am able to focus on the tasks at hand with more patience. Thank you for your help! Christina Olson, 36, Burnaby, BC ■ **It's exactly one year since we began using Bell Calming Chronic Stress #66 for our two sons.** Our local health food store recommended it. Both of our sons suffer from anxiety disorders. Our older son (14) was going through puberty and had become quite unmanageable, because he is much larger than I am. We are delighted with the immediate results. Our older son became his former sweet self and our younger son's (12) anxiety is dramatically reduced. Thank you so much. Donna Van Veen, 48, Grand Prairie, AB

REMEMBERING & IQ

NPN 80042656 Helps to enhance memory and cognitive function in adults.

Actual results by people: ■ **Imagine how frustrating it is for someone with a Ph.D.** who has difficulties to concentrate and remembering something that happened yesterday. Now that I use your Super IQ Brain Function #36 I seem to be back to normal. I recommend it to anyone experiencing memory loss of any kind. Glenn A. Guidry Ph.D., 55, Nashville, TN ■ **As a student I was surprised with final exams results of 95%!** I started taking Bell IQ Function #36 half a year ago when I had trouble remembering things in a course. Things changed drastically when I started to take these capsules. I could concentrate and excel better than ever before. Exams results were 95% correct! Theresa Williamson, 31, Toronto, ON ■ **I bought the Super IQ Brain Function for my grandma, who has dementia.** Her thoughts were wandering in and out. Since she is taking #36 she recognizes us all, sings again and remembers all



#36

Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples.

ACNE Eczema & Psoriasis

irritated skin. Bell #60 "saved my life". My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. Zach Lustgarten, 16, Oshawa, ON ■ **Spent 30 minutes every day** popping and picking my face. Since puberty I had acne and irritating itching. After starting Bell #60 my acne cleared up, itching stopped, no more breakouts. Make-up looks nice on my face again. Thanks for an amazing natural product that really works. Adwoa Mainoo, 38, Etobicoke, ON

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. Donald E. Gillespie, 56, Innisfil, ON ■ **My husbands suffered for 28 years** with Rosacea. It has been a nightmare for him physically and emotionally. It was frustrating seeing so many doctors and specialists and spending lots of money without success. Bell #60 worked within a short time. Itching stopped quickly. We've finally found our savior product. Lynn Litman, 54, Coeur d'Alene, ID

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. Jessica Shantz, 25, Dawson Creek, BC ■ **My husband had psoriasis so bad** he scratched until it was bleeding. We went for 5 years to doctors and dermatologists who prescribed special soaps and expensive creams that were of no help. Bell #60 brought complete relief before the bottle was finished. Thanks so much for all the Bell products. We use many of them now. Ruthann Bennett, 64, Pittsburgh, PA

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell #60 for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. Andy Yuen, 58, Vancouver, BC ■ **I am a minister** and had eczema on my right hand for some 30 years. This has been an embarrassing problem as I do a lot of handshaking. Expensive prescriptions did very little. My granddaughter finally helped by recommending Bell #60 and it worked within days. I take it now when needed. I hope others will be helped just as well. Rev. Larry K. Raynes, 70, Taylors, SC

Bladder & Yeast Infection

NPN 80038535 A diuretic to help relieve mild urinary tract infections.

True success stories by women: ■ **Bladder & Yeast Infection #31 works within a day or two!** My experience in the last 4 years is that whenever I feel symptoms of an infection I take two capsules for a day or two and the infection is gone. I love this product. Pat Pearce, 53, Brantford, ON ■ **30 years of bladder infections gone!** For 30 years my doctor prescribed antibiotics. As soon as the medication finished the next bladder infection came back. After 2 days taking Bell #31 I noticed a complete relief of my infection. I had all these 30 years. God bless you all for helping all of us women. Emmet Whitaker, 69, Bronx, NY ■ **Bladder infections kept on coming back.** Since starting Bell Bladder & Yeast Infection #31 my infection was gone and I now take it from time to time for prevention and I have no more bladder or yeast infections. I told family and friends how good Bell products are. Thank you! Maria Racz, 60, Vancouver, BC ■ **Went to the bathroom 10 times in an hour and more frequently at night!** In the last 2 years I went a number of times to the doctor and got different antibiotics and none of them worked. My urination would burn enormously. I bought your Bell Bladder & Yeast Infection #31. I can now work all day or sleep all night without getting up to go to the bathroom. I am not afraid anymore to drink water when I am thirsty. Praise the Lord! Thank you! Harriett Priestner, 60, North Charleston, SC



#31

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Ottawa researchers wage war on cancer

Health care. Groundbreaking treatment combines attack on cancer-causing genes with cancer-fighting viruses

LUCY SCHOLEY
ottawa@metronews.ca

Ottawa researchers are inching closer to a groundbreaking cancer treatment that's believed to be more effective than chemotherapy, but without the harsh side effects.

The actual treatment is nothing new. Rather, it's a combination of two cancer therapies already common in the Ottawa region.

Dr. Robert Korneluk, a professor at the University of Ottawa and senior scientist at the Children's Hospital of Eastern Ontario (CHEO) Research Institute, described it as a "cocktail" of treatments.

"Combining them together is a more effective way to kill cancer cells," he said.

One is a therapy that targets cancer-causing genes.

Dr. Korneluk discovered this treatment at CHEO nearly 20 years ago. The second therapy is what's known as a "live virus" or "oncolytic therapy," where a virus kills cancer cells and stimulates the immune system. Rather than the hair-falling-out and DNA-damaging side effects characteristic of chemotherapy, a cancer patient develops flu-like symptoms such as chills and fever.

Each therapy, by itself, may be minimally effective at fighting cancer, said Dr. Korneluk. But together?

"It's night and day," he said. "Putting them together, we get cures."

However, this new combination therapy is still only in the lab-testing phase, which involves petri dishes and tissue samplings. It's expected to go to clinical testing — on humans — within a year or two.

That will determine whether there are any "undesirable side effects."

The clinical tests will take another five years before the therapy could be integrated into standard cancer care.

Dr. Korneluk said he hopes to see this treatment used worldwide.



Dr. Robert Korneluk, a professor at the University of Ottawa and senior scientist at the CHEO Research Institute, is behind a groundbreaking new cancer treatment that's believed to be more effective than chemotherapy, but without the harsh side effects. CONTRIBUTED

Kickstarting a local comedy

An Ottawa film maker says he's taking the next step in his career with a Kickstarter campaign aimed at helping to fund his first "union production."

"That means you are using union actors, they are all professional, everyone is paid," said Jith Paul, who is teaming up with writer Paola Della Malva to bring the comedy *Clean Slate* to life as a short film. "You can only run on your passion for so long. So I've been looking forward to a day where I can actually pay actors and a crew to work on one of my films."

The campaign has a modest goal of \$3,000 and an end date of March 14. Filming is to begin in April.

It's his first time directing a comedy. Paul's last independently-made short film *al-gebr(a)*, a drama about a painter who finds love, but then loses his sight, won awards at festivals including Ottawa's Digi60 film



The promotional poster for the Kickstarter campaign for *A Clean Slate*. CONTRIBUTED

festival, the Toronto Independent Film Festival 2013 and the ProFiRe Short Film Festival in Edinburgh, Scotland.

"It's about a singer who has a debilitating case of stage fright and that leads to some very comic situations," said Paul. He said that for him the project is about personal growth, stretching into comedy, but he also says short films have a growing

market online. He and some friends started the Indiekoala.com video on demand service to market short films and he says CBC broadcasts short films in the summer.

Turning to Kickstarter for funding is part of that democratization of film distribution and funding allowed by the Internet, he says.

To help promote the campaign and get pledges early in the course of the 60-day fundraising campaign, Paul is offering tickets to some early donors to a Feb. 8 screening of short films at the University of Ottawa.

"We picked Kickstarter because they have some very stringent accountability measures and want to see that you have some sort of track record and they don't fund 'fund my life campaigns.' You don't get any of your money if you don't get to your goal. Some other platforms that's not one of the constraints," said Paul.

He said online funding platforms such as Kickstarter are turning the traditional film funding model on its head, allowing fans to invest in what they want to see before it gets made.

"I think it opens doors and there are some really good projects out there," he said.

SEAN MCKIBBON/METRO



Ottawa Senators Clarke MacArthur, Erik Karlsson, Zack Smith, Marc Methot and Kyle Turris pose for a photo at the Ferguslea Senators Soirée on Saturday night. CONTRIBUTED

Senators Soirée raises thousands for youth rec programs

Sens foundation.
Homemade dinner from team's stars auctioned off for \$50K

The Ottawa Senators Foundation raised more than \$300,000 on the weekend at the 2014 Ferguslea Senators Soirée.

More than 700 guests mingled with Senators players, members of the coaching staff and management at the Sochi-themed event at Gati-neau's Hilton Lac-Leamy.

The players and their significant others hosted a variety of games while interacting with guests during a cocktail reception and raised

\$327,500 in support of children and youth.

The Senators Foundation helps fund social recreation and education programs to promote physical and mental wellness in Ottawa and the surrounding area.

Projects in development include the Sens Sports and Leadership League, a partnership with the Boys and Girls Club of Ottawa, outdoor rink construction projects and programs like I Love to Skate and Sens@School.

"My sincerest thanks to the Senators players and coaches, our sponsors, table purchasers, volunteers and guests for their support raising funds and awareness for the one in five local children who don't have access to after

Other items auctioned

- A trip for two to the Heritage Classic in Vancouver.
- A two-hour private engagement with Olympian Hayley Wickenheiser.
- An opportunity to stand behind the bench during the Sens Skills event.

school programs and activities," said Danielle Robinson, president and CEO of the Ottawa Senators Foundation, in a news release. "Events like tonight bring us another step closer to changing the statistics."

Among the fundraising schemes was an auction of a package featuring Senators players Kyle Turris, Bobby Ryan, Joe Corvo, Clarke MacArthur, Marc Methot, Erik Karlsson, Zack Smith, and Chris and Erin Phillips going to the winner's home and preparing a meal for them and their guests. The dinner package went for an unprecedented \$50,000, according to the Senators Foundation.

METRO



Dancers with the Svitanok Ukrainian Dance Society entertained attendees at the Sochi-themed Senators Foundation fundraiser. CONTRIBUTED



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Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

"It's a sad day for democracy



A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.
WASON WANICHAKORN/THE ASSOCIATED PRESS

when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

Syria peace talks lead to deal for city under siege

The city of Homs.

Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Da-

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."

Syrian Deputy Foreign Minister Faisal al-Mikdad



Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.
SALVATORE DI NOLFI/KEystone/THE ASSOCIATED PRESS

ascus."

With little progress to show after months of international pressure for the conference in Geneva, the U.N. mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour

and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government —

their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad. More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS



People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)



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Protester commemorated after dying in Kyiv clashes

Protesters carry a coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. DARKO VOJNOVIC/THE ASSOCIATED PRESS

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A U.N. statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

Somalia

Commander killed by missile

A member of Somali rebel group al-Shabab was killed Sunday by a missile fired by a suspected drone, a rebel commander said, blaming the U.S. for the strike. The attack took place in a village called Hawi, he said. THE ASSOCIATED PRESS

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Sportage SX shown⁺

2013 SPORTAGE

hwy / city 100km⁺
6.5L/9.7L

WAS
~~\$148~~

THROWBACK PRICING

\$108[≠] BI-WEEKLY for the first 15 MONTHS.
6-SPEED AUTOMATIC

0%^{*}
financing

Includes Variable Throwback Pricing Incentive. \$108 bi-weekly payments include \$1,280 Throwback Pricing incentive. Payments are based on 2013 Sportage LX AT FWD (SP752D). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$148. Principal balance of \$7,679 due after 60 months. Throwback Pricing incentive may be taken as a lump sum or to reduce financed amount.*



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6.2L/9.4L

WAS
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THROWBACK PRICING

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0%^{*}
financing

Includes Variable Throwback Pricing Incentive. \$88 bi-weekly payments include \$1,280 Throwback Pricing incentive. Payments are based on 2014 Rondo LX MT (RN551E), financing for 84 months. Offer includes \$750 loan credit[†]. After 15 months, bi-weekly payments increase to \$128. Throwback Pricing incentive may be taken as a lump sum or to reduce financed amount.*

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'We will try to find the strength to get through this'

L'Isle-Verte. Owner of fire-ravaged seniors' home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors' residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L'Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

"What you're living inside, we are living it inside as well,"



A woman holding a picture of her husband, who died in last week's seniors' residence fire, arrives for a commemorative service for the victims on Sunday in L'Isle-Verte, Que. RYAN REMIOWZ/THE CANADIAN PRESS

he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Phil

ippe Couillard. "We will try to find the strength to get through this."

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this

Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it "a first step toward healing."

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday's blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L'Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze "unacceptable" and said she hopes such a tragedy never repeats.

THE CANADIAN PRESS

Back in session

Scandal, budget likely to dominate Parliament

MPs return to Parliament Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy.

But New Democrats and Liberals believe the ongoing investigation will keep the government mired in the scandal. **THE CANADIAN PRESS**

Privacy

Border officials to share personal info with gov't

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border program with other federal departments. The Canadian Border Services Agency said data would only be passed in accordance to stringent rules. **TORSTAR NEWS SERVICE**

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We see more than numbers.

NSA engages in industrial espionage: Snowden

Interview on German TV. Intelligence leaker alludes to revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial

espionage.

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it.

It wasn't clear what exactly

Snowden accused the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also told ARD television that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the re-

lease of the files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on BuzzFeed in which U.S. government representatives had told a reporter that they wanted to kill him.

THE ASSOCIATED PRESS



Former NSA contractor Edward Snowden. THE ASSOCIATED PRESS/THE GUARDIAN FILE

Israel

Whistle-blower freed

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter. THE ASSOCIATED PRESS

Seasick

Outbreak aboard cruise ship

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 10 per cent of passengers with gastrointestinal symptoms including vomiting and diarrhea.

Officials said that 281 passengers aboard Royal Caribbean International's ship have reported getting sick. THE ASSOCIATED PRESS

End-of-life debate. Brain-dead, pregnant woman is taken off life support



Erick Munoz stands with an undated photograph of himself, left, with wife Marlise and their son, Mateo. AP PHOTO/THE FORT WORTH STAR-TELEGRAM/RON T. ENNIS, FILE

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marliesa Munoz says she was disconnected from life support about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marliesa Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

The case has raised questions about end-of-life care and whether a pregnant woman who is considered legally and medically dead should be kept on life support for the sake of a fetus. THE ASSOCIATED PRESS

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Teen flies plane after pilot faints

Australia. Pilot was unconscious for 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when the pilot, Derek Neville, 61, lost consciousness.

Jenkins said he had taken the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19

The teen took the controls of a light plane after the pilot lost consciousness.

45 minutes before the pilot came to.

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land. They landed safely.

Neville was flown to hospital, where he remained on Sunday. His wife said he had undergone heart and brain scans, but doctors had yet to diagnose the problem. **THE ASSOCIATED PRESS**



Collection of Nazi's never-before-seen papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper will publish the material in an eight-part series. (Search "Insight into the orderly world of a mass murderer" on www.welt.de) **DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS**

Sweden. Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the west.

Bildt wrote on his blog Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif. **THE ASSOCIATED PRESS**

Valerie Trierweiler. Ex-first lady heads to India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life Sunday with a charity visit to India.

The ex-first lady arrived in

Mumbai on Sunday night. Trierweiler is on a long-scheduled humanitarian mission in India, which she maintained despite a week-long stay in a hospital last week. **THE ASSOCIATED PRESS**



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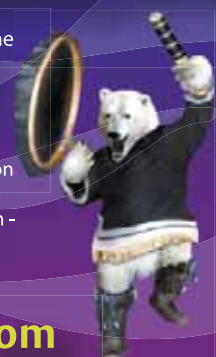
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HOW TO ROLL
Alison Griffiths
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How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what

we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S. swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

Bitcoin transactions are seen as more convenient than other forms of payments as they are sent directly and instantly from one person to another, avoiding processing and other fees usually charged by banks or third parties.

THE CANADIAN PRESS



The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

Study. Can't get Jacob to eat his carrots? Wrap 'em in a pretty package



Mmmm, this food is great, look at the wrappers! GETTY IMAGES FILE

A University of Calgary study suggests wrapping food up in a pretty package is as likely to influence a child's food choice as a brand name like McDonald's.

Prof. Charlene Elliott's study builds on one done by Stanford University a few years ago.

The Stanford study found that preschoolers thought foods wrapped in a McDonald's wrapper tasted better than the identical food presented in a plain wrapper. Children in the study even preferred the taste of carrots wrapped in McDonald's wrapping.

Elliott felt the Stanford study lacked depth, so she modified it.

In Elliott's study, 65 pre-

school-aged children were asked to choose between food pairs presented in various wrappings including Starbucks — a brand children might not be familiar with. Kids were asked to choose between McDonald's and plain white wrapping; McDonald's and colourful non-branded wrapping; and McDonald's and Starbucks wrapping.

For fries and carrots, the majority of children indicated the samples tasted the same. Yet for those children who did indicate a preference, more children preferred the taste of fries and carrots in the Starbucks wrapping over McDonald's. "So wrap it up in a pretty package," she said. THE CANADIAN PRESS



Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed \$8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to \$61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a \$27,000 signing bonus that shrinks the longer they wait — after 30 days it falls to \$18,000, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

Getting Alberta's oil to U.S. carries risk: Study

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response

division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British

Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the different ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water.

THE CANADIAN PRESS

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CITY HALL A PLACE TO CALL HOME

I can only hope Mayor Watson didn't injure a rotator cuff with the sustained back-patting he gave himself during his election-year state of the city address last week.

I kid; Watson shared the credit for a laundry list of what he saw as this term's accomplishments generously with council colleagues, city staff and others. The word "we" popped up with great regularity, and not in the royal sense.

The new light rail line and Ottawa on the Move projects both offer better ways for us to get around the city in the long term — all while their construction makes getting there considerably less than half the fun in the short term.

But Watson pointed with evident pride to having new and improved places to go, from coming attractions like the Lansdowne and Arts Court re-developments to new recreation facilities opening around the city.

City hall has received a makeover, too, in an attempt to make it "a people place."



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

"Four years ago, our residents didn't see themselves in city hall," Watson said. "When they looked at city hall, it was a building that you only visited when you had to pay a parking ticket. So, we changed that."

Those changes included new features like the Barbara Ann Scott Gallery and the Ottawa Sports Hall of Fame, and expanded programming. City hall hosted 179 events and activities last year, up from 77 the year before.

I saw unmistakable signs of life Friday evening as I went through city hall to get from Laurier to Lisgar. I was just using the building, much like the Rideau Centre, as an indoor short-cut and opportunity to warm up — though without the alluring scent of Cinnabon.

Office hours were done, and nightlife had begun. The Rink of Dreams was lit up and awash with skaters. Inside, the City for All Women Initiative was having a New Year's celebration in the Festival Room, a few people were checking out the exhibits in the new Karsh-Masson Gallery, and one guy was just hanging

out on a bench, out of the cold. They were making themselves at home.

Even before these recent efforts, city hall was noticeably more open and accessible than, say, Parliament Hill, where the security apparatus seems to grow every year and citizens have to pass through a metal detector to get inside their own legislature.

Once, as Watson scrummed with reporters, a shaggy and somewhat wild-looking dude interrupted to express, in a rambling sort of way, approval for the job he was doing and then surprised him with a big, slightly over-long bear hug. And off he went. The whole incident was a little awkward, goofy, and entirely harmless.

Compare that, if you will, with the protester who crashed a Stephen Harper speech in Vancouver earlier this month to hold up a sign for the cameras, and got bounced down some stairs for his trouble. He hadn't approached or even made eye contact with the prime minister. I wouldn't care to speculate what sort of treatment an attempted hug would have earned him.

There's something to be said for a public place where the public is not only welcomed, but expressly invited.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS



Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove that was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a

seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor. One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine. **THE ASSOCIATED PRESS**

Clickbait



LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a ges-

ture to send you to your home screen.

Board:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to chan-

nel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

Beyoncé and Jay-Z kick off Grammys



Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

Drunk in Love. Drake is apparently the best they never had as he is effectively shut out, meanwhile Bieber is butt of jokes

Power couple Beyoncé and Jay-Z opened the 56th Grammy Awards with a steamy performance of the pop diva's new single *Drunk in Love*.

Jay-Z went into the night with a leading nine nominations but watched as breakout Seattle duo Macklemore & Ryan Lewis claimed three awards during the pre-telecast, including best rap album, song and performance.

As of press time, the duo also held nominations for song and album of the year and had a performance scheduled for later in the evening — featuring a rumoured appearance from Madonna.

Daft Punk won two awards while Rihanna, Alicia Keys and Adele were also early winners.

Other performances were yet to come from Kendrick Lamar and Imagine Dragons, Daft Punk featuring Stevie Wonder and Pharrell Williams, and Nine Inch Nails with Queens of the Stone Age.

The other album of the year nominees are Lamar, Daft



Music's favourite robot duo Daft Punk accept the best pop duo/group performance award for *Get Lucky*.

Punk, Taylor Swift and Sara Bareilles.

While Drake went home empty-handed in the pre-telecast, he technically still held a nomination for album of the year for his featured role on Lamar's *Good Kid, M.A.A.D City*. The news was better for Canadians Michael Bublé — who won his fourth career trophy for best traditional pop vocal album but didn't attend the ceremony — and the Montreal-based Jennifer Gasoi, who won best children's album.

"It's about living your



Macklemore & Ryan Lewis took home the best rap album, song, and performance awards.

Online

For more coverage and a complete list of winners, visit metronews.ca



dreams, having the courage to step out of the box and take risks and live the life that you're really meant to live," she said.

"And I feel very proud to be doing that and I am grateful and honoured and blessed to be standing here before you."

Elsewhere, Steve Martin claimed his fourth Grammy, when his Edie Brickell bluegrass collaboration *Love Has Come For You* took best American roots song.

"We are truly stunned, if I can speak for Edie — and I will," cracked Martin as he picked up the trophy.

Kathy Griffin didn't waste any time taking it bawdy after winning her first comedy album Grammy Award.

She thanked the recently arrested Justin Bieber, joking, "I want to thank Justin Bieber for giving me his relax juice," then made a reference to Bieber's private parts.

"I've never made my 93-year-old alcoholic mother more proud," she added.

THE CANADIAN PRESS

Red carpet hotties



Taylor Swift, looking sensational in silver.

Pharrell's Grammy look has been compared to everything from Mountie headgear to the Arby's logo.



Madonna and her son David, in a throwback to her *Open Your Heart* video, with a bit of a nod to the late, great MJ.



Katy Perry hits the right note in this dress by Valentino.

2 SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!



STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of *The Bachelor* would be perverted and could harm children. Then he goes back to groping



drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming

a partner in a male strip club. 2) Justin Bieber spends some \$75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a *Spice Girls* reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.



Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's

Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from

the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."

Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the *Telegraph*. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them

start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."



Cate Blanchett

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Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

- Smirking and eye-rolling are Pediatric Association-approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
- Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
- Get at least eight hours of screen time per day. Continued

exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.

- Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way

of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. **EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceptions and hidden vices of raising kids

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,'" McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceptions in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-



Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE / THE ASSOCIATED PRESS

home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays

or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of *Empoweringparents.com*, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the

back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two who hides her love of chocolate from her kids by eating it in her bedroom

Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said.

THE ASSOCIATED PRESS

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the old-

est students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six)."

Another surprising finding was how differently boys and

girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the



Internet safe.

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely

and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

3
THE

Be real when tackling your study distractions

Killing habits entirely is ambitious.

Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI
SALEMI

Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of *Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently*.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

- **See research through.** Stick to your task on-line when performing research. Getting side-tracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.

- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new

thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging

into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living with-

in those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."



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Entrepreneurs find a room of their own

Growing trend of coworking. Shared working environments are the 'happy medium' between traditional office and home

When Matthew Dobbie worked from home as a lawyer, often asking his neighbours or the condo's security guard to act as witnesses, he found it bothered some clients that they were meeting in his living room.

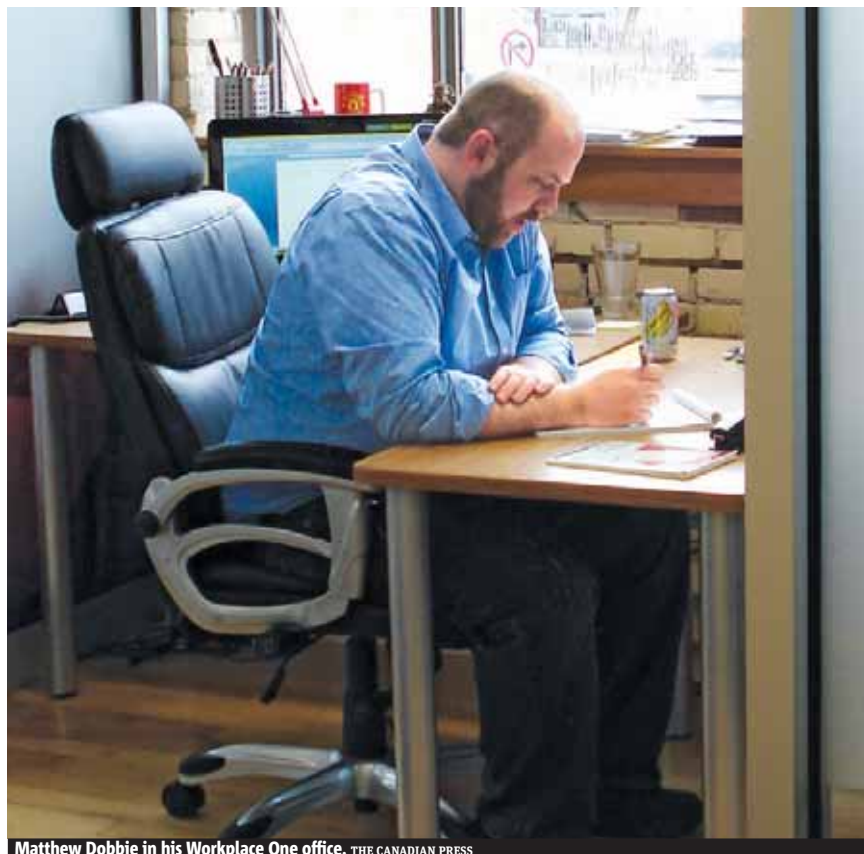
"It was awkward," he said. "I probably lost some clients because the setting didn't seem overly professional."

So, when his sister heard about a company that offered coworking spaces for rent, Dobbie looked it up. Soon after he joined Workplace One. The five-storey building, located in downtown Toronto, is one of 20 establishments that offer fully furnished private offices or private desks in open-concept spaces, with shared access to printing services, conference rooms, kitchens and other common social areas included in the rent.

"I get all that at a lower cost than if I were just renting an office on my own," the 33-year-old lawyer said. "It presents a better front. And it's a nice bonus that I have people to talk to."

In a fast-changing economy, coworking is a shared working environment that meets the needs of freelancers, start-ups, work-at-home professionals, independent contractors or mobile workers.

According to the Global Coworking Census, conducted last February by Deskwanted.wordpress.com — a



Matthew Dobbie in his Workplace One office. THE CANADIAN PRESS

Berlin-based online portal for finding shared workspaces — the number of coworking spaces worldwide in 2013 had reached 2,498. Europe topped the list with 1,160. Canada had 80. By July, the global count had reached 3,000.

Online coworking magazine Deskmag says the first official coworking space opened in San Francisco in 2005. Ashley Proctor, 32, manager of Toronto coworking space Foundry, thinks coworking is a "happy medium" between the trad-

itional office and the isolation of home.

"You get the best of both worlds — the comforts of home without the distractions of home," she said. "That's the beautiful part."

One of the founding members of CoworkingToronto, a collective established to raise the profile of coworking by working together, said community is the most important aspect of shared workplaces.

"Coworking is not about desk rentals or venue rentals but rather the connections people make with other

members and guests in the space," said Rachel Young.

Gil Martinez is a freelance graphic designer who got lonely and easily distracted working from home. In 2011, he became a tenant at Toronto's first coworking space, the Centre for Social Innovation (CSI) in Chinatown, allowing him to get his social fix, and work done.

"Since everyone is there to work on their own stuff, office politics are not a problem," says the 40-year-old. "No one is interested in taking your job, and ... everyone

is there to network and make friends."

Some tenants even found love. Edward Nason, 36, and Saara Siddiqi, 35, met at CSI in 2008. On his first day, Nason introduced himself to all the tenants via an email sent from his "hot desk," CSI's name for a temporary desk with unassigned seating. Siddiqi was the only person to respond.

"I think it's just because I sent a picture around," he joked.

Three years later, they got married and threw their wedding reception at CSI.

Dobbie, the lawyer, has been at Workplace One for

just three months, but he has already picked up some business from other tenants in the building and plans to extend his six-month contract.

Private offices there range from \$525 to \$2,000 per month. Coworking on the ground floor costs \$225. These two options can also be rented by the day.

By comparison, gross rent for office space in the downtown area ranges from \$35 to \$60 per square foot.

Workplace One has about 300 members across three locations totalling 75,000 square feet. A new downtown location is due to open in May. THE CANADIAN PRESS

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From the roots up: Beef Barley Soup gets earthy



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Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with

vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and

FLASH FOOD



From your stove
to your table in
30 minutes or less

the barley is cooked. Add the Worcestershire sauce and salt and pepper.

3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley

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The tortilla treatment



This Chicken Tortilla Soup recipe serves six. THE CANADIAN PRESS

1. In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

2. Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

3. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

4. Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and

garnish with coriander and corn chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Slopestyle

McMorris to nip broken rib in bud

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

He was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

THE CANADIAN PRESS



Benoit Pouliot of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

Rangers knock one out of the ballpark

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-

goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his

streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that cre-

Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

ated a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

THE ASSOCIATED PRESS

Humphries captures World Cup bobsled title



Canada's Kaillie Humphries, right, and Heather Moyse won the overall two-woman bobsled World Cup title on Sunday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one

Making the podium

Canada also won bronze in the four-man race. Lyndon Rush of Humboldt, Sask., Lascelles Brown of Calgary and Edmonton's David Bissett and Neville Wright finished two runs in 1:38.84.

bronze medal.

One of the most explosive teams out of the start, the pair set a new women's start record in Königssee at 5.17 in both runs.

"Kaillie crushed everyone in that first run and I thought she was going to cruise to a win today," said head coach Tom De La Hunty. "But she made a mistake on that second run and when you make a mistake in a snowy race it pays you back double."

Fabienne Meyer and Tanja Mayer of Switzerland won the last race of the season in a two-run time of one minute 44.01 seconds. Meyers and Aja Evans climbed six spots after the second run to finish second, just ahead of Humphries and Moyse. THE ASSOCIATED PRESS



Denver Broncos quarterback Peyton Manning arrives at Newark Liberty International Airport a week ahead of the Super Bowl on Sunday. JULIO CORTEZ/THE ASSOCIATED PRESS

Title pursuers prepare for big chill in N.J.

Super Bowl. Icy weather and spotlight of media hub among distractions for Broncos, Seahawks

An icy wind made its way through the Meadowlands, cut across the Hudson River and into frigid Manhattan. Looks like Mother Nature is taking seriously the NFL's slogan for the upcoming Super Bowl: Best Served Cold.

One week before kickoff, on the day the Broncos and Seahawks were arriving in the frozen Big Apple, Sunday brought a bit of a thaw. Temperatures in East Rutherford were around -5 C in the evening.

Hardly balmy.

Not that the guys who will take the field at MetLife Stadium have any complaints or concerns. They'd play this one on the New Jersey tundra or in Death Valley.

"Absolutely," Denver line-backer Wesley Woodyard said. "We've been talking about that, our leadership group, that's

something that's key for everybody. Enjoy the moment of New York, be there, enjoy the Super Bowl, but we are there for a purpose, and that's winning a football game. I think everybody understands that."

What they also understand is that the upcoming week is unlike anything else they experienced during the season. Or during any season.

More media, for sure. A glaring spotlight on everything. Spending a week away from home. Practising in another team's facility: The Seahawks at the Giants' complex across the parking lots from MetLife Stadium, the Broncos at the Jets' place in Florham Park, about 30 minutes from the Meadowlands.

"I mean obviously it's the biggest game that we've ever played in," Seahawks receiver Doug Baldwin said. "It's one of the games that we've been dreaming about playing in since we were six years old on little league fields. The distraction of the hype that surrounds it, it's definitely real."

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Peyton's two cents

"I think the biggest thing he's said is eliminate distractions."

Receiver Eric Decker on Peyton Manning, the only Bronco with a Super Bowl ring

Notes from New Jersey

- **Not ready to call it quits.** Broncos quarterback Peyton Manning, at a news conference aboard the Cornucopia Majesty cruise ship docked outside the team hotel in Jersey City, N.J., said he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing.
- **Prater punts away sickness.** Broncos coach John Fox says placekicker Matt Prater will be fine for the Super Bowl after missing last week's practices with a flu. The team kept him away from the rest of the team so he didn't get everyone else sick.
- **Staying with what works.** Seattle used the same hotel for its trip to play the Giants on Dec. 15 as the NFC team hotel for the Super Bowl. This will also be the Seahawks' third time playing at MetLife Stadium in the past three seasons. Seattle beat the Giants 36-25 in 2011 and then shut them out 23-0 last month.

Australian Open final an emotional roller coaster

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose, 6-3,

Grand Slam graciousness



"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

6-2, 3-6, 6-3, but he was loudly booed after taking a medical time out in the second set. He

pushed the match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit.

Nadal apologized to the crowd and to Wawrinka, a friend since they were teens.

"I'm sorry to finish this way," Nadal told the crowd in the 15,000-seat Rod Laver Arena, which erupted in cheers. "This year was one of the most emotional tournaments in my career." THE ASSOCIATED PRESS

Golf

Stallings wins late at Torrey Pines

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory.

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NBA. Bosh goes bananas from field in Finals rematch

Chris Bosh scored 24 points on 9 for 10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

Mario Chalmers scored 16 points for Miami, which used Dwyane Wade as a reserve for the first time since Jan. 6, 2008. Wade had not played in any of Miami's most recent four games while dealing with ongoing knee rehabilitation, and finished with eight points and five assists in 24 minutes.

THE ASSOCIATED PRESS



Heat forward Chris Bosh boxes out the Spurs' Tim Duncan on Sunday in Miami. GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

Taurus

April 21 - May 21

You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

Gemini

May 22 - June 21

Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

Cancer

June 22 - July 23

Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

Leo

July 24 - Aug. 23

If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

Virgo

Aug. 24 - Sept. 23

Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

Libra

Sept. 24 - Oct. 23

You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

Scorpio

Oct. 24 - Nov. 22

Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

Sagittarius

Nov. 23 - Dec. 21

Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

Capricorn

Dec. 22 - Jan. 20

Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

Aquarius

Jan. 21 - Feb. 19

The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

Pisces

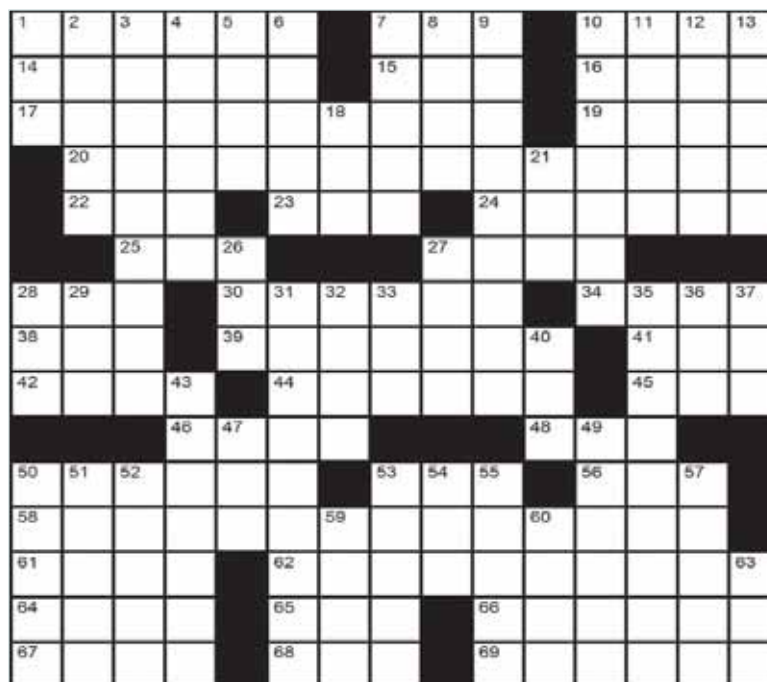
Feb. 20 - March 20

A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "___ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont ___
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik ___
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett



53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out

- here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's

surnamesakes

Down

1. Hugh Jackman's wife, to Hugh
2. "What ___ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Col- lie's job

5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could ___?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

11. Dispatch boat
12. Tilt-___ aircraft
13. "...so ___ so forth."
18. Jennifer Lopez's first hubby, Ojani ___
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. ___-o'-shanter
43. Waltz composer, Johann ___ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "___ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its ___" by Poison
57. Pain relief brand
59. Paddles
60. Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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